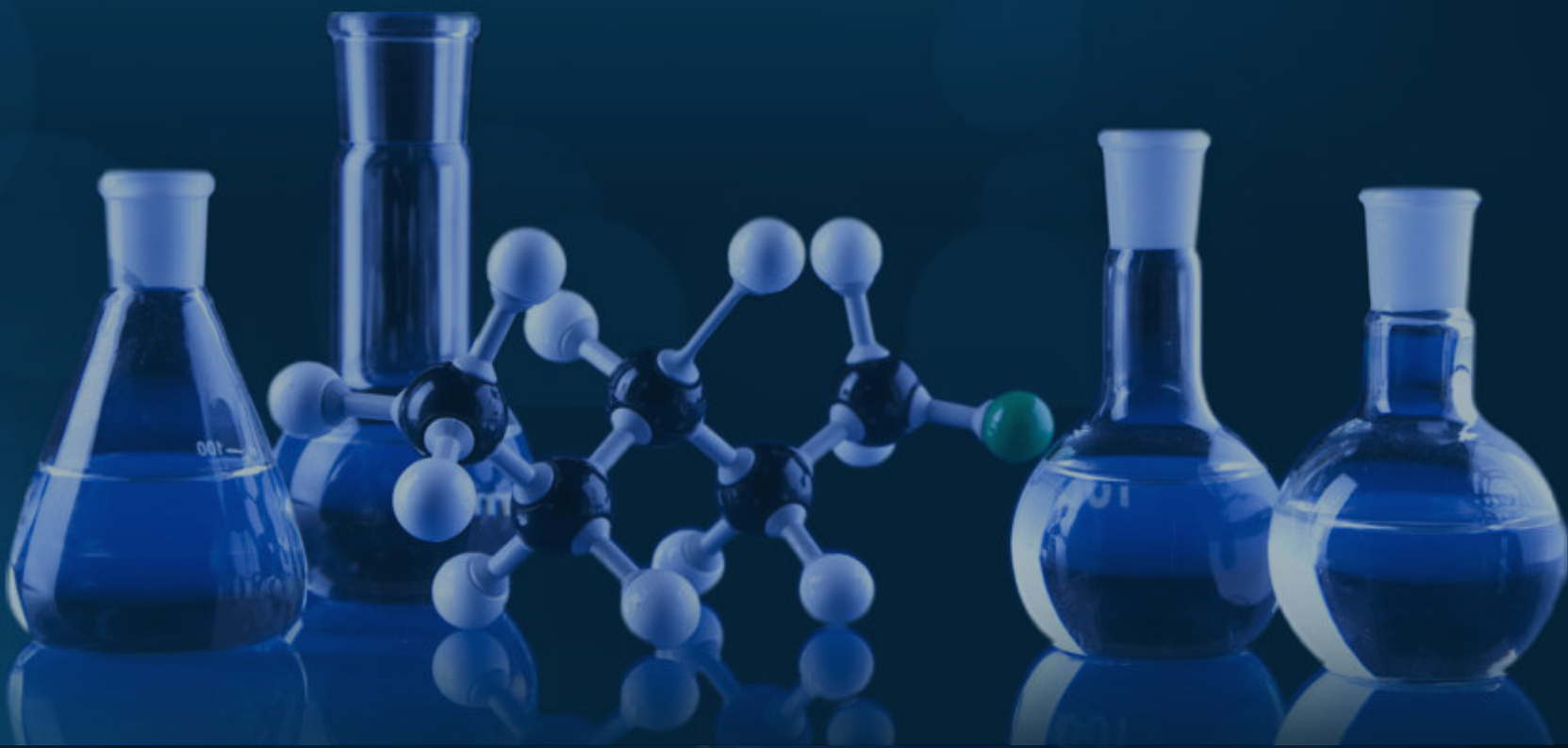




ARL is an Authority on Nutrition and the Science of Balancing Body Chemistry Through Hair Tissue Mineral Analysis!

Hair Tissue Mineral Analysis



# Potassium

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## Sources Of Potassium

Seafood -	halibut, herring, lingcod, sardines
Meats -	goose
Nuts/seeds -	pecans, sesame, sunflower, walnuts, almonds, brazil nuts, cashews, chestnuts, filberts, peanuts
Fruits -	avocados, dates, figs, prunes, raisins
Vegetables -	watercress, garlic, horseradish, lentils, parsley, potatoes, spinach, artichokes, lima beans, beet greens, swiss chard, collards
Grains -	buckwheat, rye, wheat bran
Miscellaneous -	chocolate, molasses, mushrooms, kelp, yeast, salt substitutes

## Roles In The Body

Potassium has many roles, especially intracellular fluid balance, and cell membrane effects such as muscle contraction, nerve impulse conduction, and cell permeability.

## Functions Of Potassium

Circulatory -	lowers heart rate, dilates arteries, can reduce blood pressure
Excretory -	maintains acid-base balance
Digestive -	increases digestive tract activity
Endocrine -	helps raise aldosterone and other hormones
Metabolic -	involved in carbohydrate metabolism

## Synergistic Nutrients

magnesium

## Antagonistic Nutrients

calcium, processed food diets are low in potassium

## Hair Analysis Notes

Potassium is known as the follow-through mineral. Hair must not be washed at the laboratory to obtain accurate potassium readings.

### High Hair Potassium:

- indicates high sugar and glucocorticoid levels.
- very high potassium can be a potassium loss due to excessive breakdown of body cells.

### Low Hair Potassium:

- indicates adrenal gland exhaustion.
- very low potassium is associated with allergies, fatigue, low blood sugar, sweet cravings, and low blood pressure.

## Reasons For Potassium Supplementation

- to lower a high sodium/potassium ratio
- to enhance energy production

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The preceding statements have not been evaluated by the  
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